



[sample logo from
Fort Benning –
replace with
appropriate logo
for your
installation]

US Army Pregnancy/Postpartum Physical Training Program

1SGT/ Company Commander Information Brief

[installation]
[DATE]



[Local PPPT POC name and contact
information]



Purpose



- Overview of program
- Local implementation process
- 1SGT/ Company Commanders roles

“It’s part of the job of every Soldier, including a Soldier who has recently delivered a baby, to be fit, and if necessary, ready to deploy at a moment’s notice...”



Facts



- Army has a responsibility to provide safe, adequate training and guidance to meet required fitness and weight standards.
- Exercise by a healthy Soldier during pregnancy and postpartum is beneficial to both Soldier and baby.
- Goals are to maintain fitness during pregnancy and to return fit Soldiers back to unit PT after delivery.
- The health and safety of the Soldier and baby can be maximized by a standardized program.



Challenge



Maintain Fitness and Retention

- 1.3% AD Force delivers a baby annually
- No PT guidance or standardization Army-wide
 - Reduction in fitness levels
 - Increase in injuries/ illnesses
- Current Army policies inadequate and fragmented
- Army Family Action Plan issue #532



Solution



WHAT?

- Establish an Army-wide PPPT program IAW MEDCOM recommended standards and policies

HOW?

- Mandate approved PPPT Program as part of the US Army Physical Fitness Program with coordination from MEDCOM and ACSIM.

WHY?

- Consistent with AR 350-1, Education and Training and AR 40-501, Standards of Medical Fitness
- Shown to be effective and safe
- Provides benefits of readiness/medical cost avoidance



Maximize Return to Fitness

BENEFITS of CONSISTENT PARTICIPATION

Improve maternal fitness performance

Increase postpartum fitness levels

Reduce body fat and weight gain

Increase morale by providing safe PT

Lessen physical discomforts

Reduce cesarean rate

Increase self-esteem and reduced stress

Improve health benefits and well-being

Recommend implementation of pregnancy/postpartum fitness programs at all installations with emphasis on consistency, strength and aerobic conditioning



PPPT Implementation

Commander's Consolidated Program

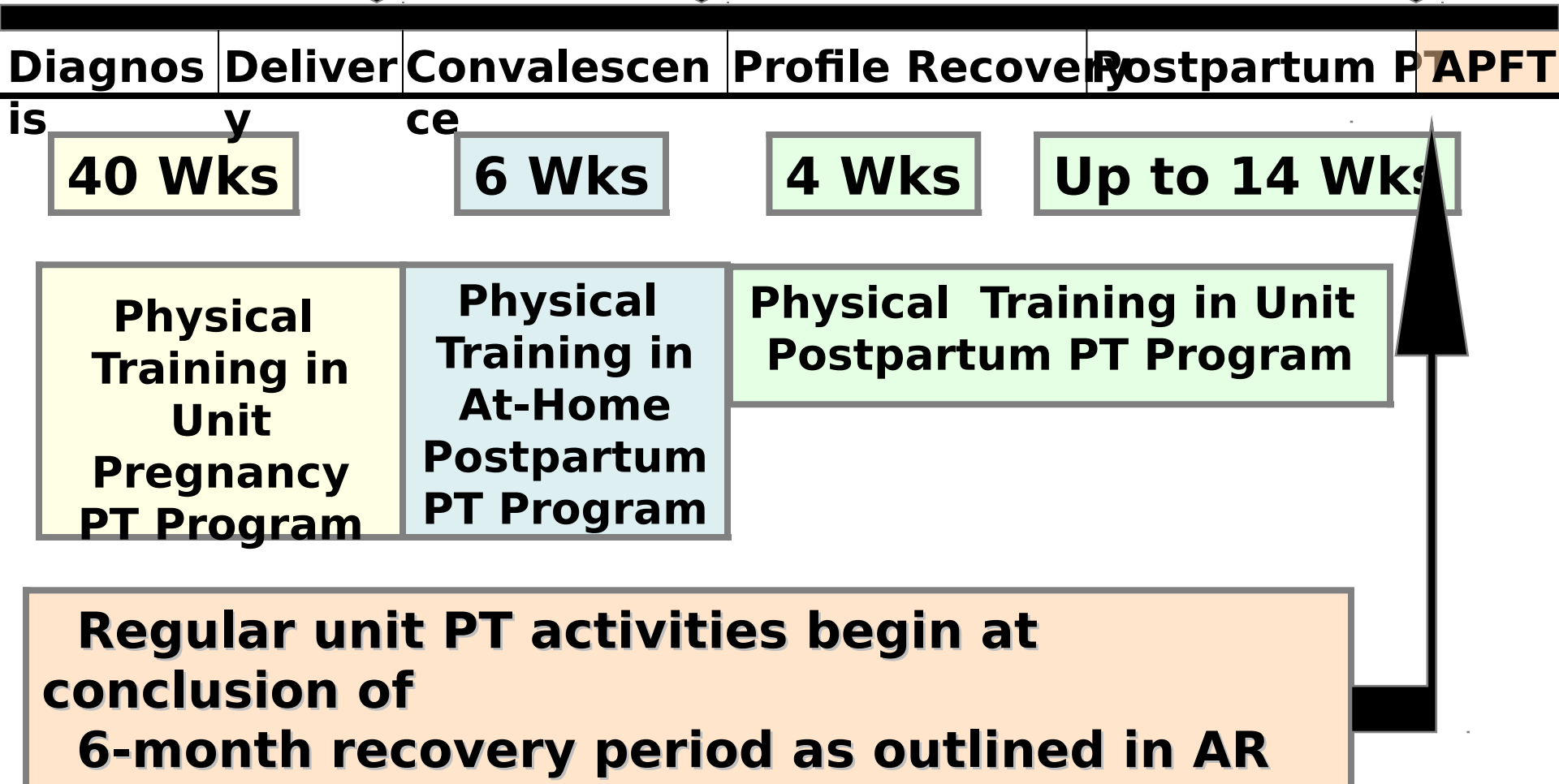


PREGNANCY

Y 9 + Months

POSTPARTUM

M 6 Months





Program Criteria



- Commander's program
- Mandatory enrollment / attendance
- PT during unit PT time
- Leaders trained in pregnancy/postpartum fitness
- Coordination between Command, MTF and units
- At-Home Postpartum PT exercises
- Postpartum PT participation following con leave





Local PPPT Leadership



Commander's Consolidated Installation Program

Command Asset Instructor Trainer

- Liaison with units
- Operate PPPT program
- Train Exercise Leaders
- Collect program outcomes data

MTF Asset Medical Expert

- Medical oversight and quality control
- Consultative services for IT and EL
- Coordinator of Education Classes
- Assist in EL training

NCOs from the units

Exercise Leaders

- Lead daily exercise sessions
- Assist with Soldier accountability
- Recommend NCOs with fitness backgrounds

Active Duty pregnant/postpartum Soldiers
accountable to unit for attendance

All leaders trained in pregnancy/postpartum fitness

[IT should be giving brief. Provide names of other leaders.]



Daily PPPT Sessions



Exercise

[Announce location
and time these
meet]

- Centering
- Strengthening
- Flexibility
- Special exercises
- Cardiovascular
- Stress Management
- Core strength/ calisthenics



Education: core curriculum of a wide variety of topics taught weekly by SMEs to provide awareness, knowledge, skills training.

[Announce location and time these meet]



PPPT Program Resources

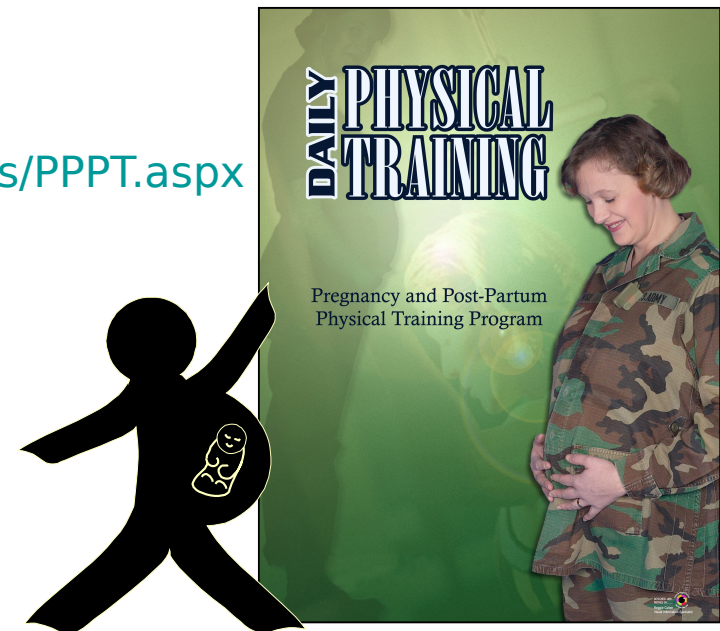
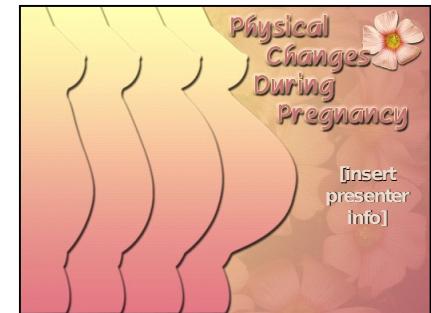
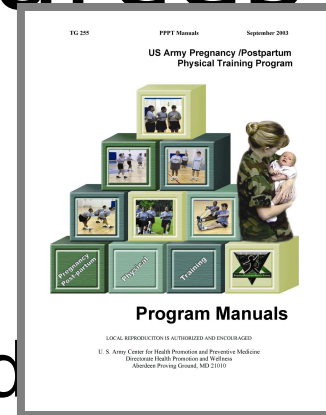


- Manuals
- Video Tapes
- Implementation Guide
- Educational Presentations
- USACHPPM Website

<http://usachppm.apgea.army.mil/dhpw/Readiness/PPPT.aspx>

- Resources
- Marketing tools
- Data reports
- Sample briefings

- Leader Training Course





Frequently Asked Questions

[Edit according to FAQs at your installation]



- Is the PPPT program treated differently than other Army special population PT programs?
 - No, per TSG
- Are Soldiers required to wear the PT uniform?
 - Yes, until it no longer fits and then they can either wear a larger size or wear appropriate civilian fitness clothes
- Are family members allowed to attend PPPT?
 - No, this is an Army unit PT program with military goals
- Can the program be mandatory?
 - Attendance may be the Soldier's place of duty after HCP clearance to participate has been given



1SGT/ Co Comm Role



[Edit responsibilities of unit leaders as appropriate to your local program]

Support local PPPT Program through:

- Appointing NCOs as Exercise Leaders
- Ensuring Soldier accountability for enrollment
- Encouraging maximum participation by Soldiers
- Working with the PPPT IT
- Reporting of APFT scores





Local Program



[INSERT LOCAL PROGRAM POC INFO]

Come participate in an exercise session

[Give date, time, location]



Frequent Local Challenges



[Add your own local challenges as needed – involve attendees in discussion of s

- Follow standardized content consistently
- Partner with other organizational personnel
- Plan for Soldiers returning to units
- Encourage active participation
- Maintain funding for sustainment
- Collect follow-up data



Feedback



Your questions or comments for us are welcome

